



# A FEW GRAY HAIRS



Earth  
Day  
4-22-15

A Newsletter of the Georgetown Council on Aging

Vol. 16/Iss. 10

April 2015

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**Director's Notes...** This month's National Volunteer Week provides us with an opportunity to recognize the extraordinary contributions made by millions of Americans within their communities and states and across our nation. Dating back to the birth of our country, the history of volunteerism continues to shape our nation through the kindness and care that we offer to others. "With unity of purpose and unmatched resolve, we confront our shared challenges as one people and emerge stronger than before," President Obama said in his proclamation for National Volunteer Week last year. This winter, we saw this spirit of unity in action as friends, family, neighbors and community members came together unprecedented amount of snow we towns, neighbors and friends checked with snow removal and brightened this too shall pass. Community roads and sidewalks and answer



to meet the challenge of the grudgingly received. Across our on each other's wellbeing, helped each other's day with reminders that members worked long hours to clear emergencies, ensuring safety for all.

It was a challenge that showed how kindness often leads to more kindness. In Georgetown, the spirit of unity and kindness is well evident. This past year, 154 volunteers were instrumental in supporting the COA in providing services to 1,544 local elders. During the past year, volunteers helped serve 1,055 lunches at the meal site. Our SHINE Counselor worked with more than 27 people on health insurance issues while our tax preparers assisted 100 people with their income tax preparations. Six volunteer drivers drove local elders to 60 medical appointments and a group of quick-handed volunteers cheerfully collated, folded and labeled 10,000 newsletters. Volunteers served as board members, assisted with programs, called bingo, sewed dolls for children, and provided office support and help during special events. Working more than 3,000 hours, COA volunteers provided a value of \$62,550 in donated services to the Town. The COA is deeply grateful for the kindness offered by so many volunteers as we work in partnership to serve elders and their families in our community.



Ken Nunan celebrated his 100<sup>th</sup> birthday at a surprise party in February.



## APRIL FOOLS' DAY LUNCHEON

Presented by Culinary Arts Students  
Whittier Regional Voc. Tech. H. S.

**Wed. April 1, 11:30 a.m.**  
First Congregational Church

- ✓ Rescheduled from February
- ✓ **\$5 donation is suggested** to support the Culinary Arts Program at Whittier Regional Vocational Technical High School.
- ✓ **RSVP required by Wed. March 25**

**Please call the COA office at  
978-352-5726**

**The COA and all activities will be closed on Monday April 20 for Patriots' Day.**

"A Few Gray Hairs" Newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs.

# April Activities

ACTIVITIES ARE HELD AT THE FIRST CONGREGATIONAL CHURCH UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



A P R I L V A N S C H E D U L E 2 0 1 5

Shopping Date	Location	Recreation Date	Location
Apr. 7 9:30	NO VAN – Brown Bag Only	Apr. 2 9:30	Super Walmart/Salem, NH
Apr. 14 9:30	Plaistow, NH	Apr. 9 10:30	Seabrook, NH
Apr. 21 9:30	Rowley	Apr. 16 10:30	Target & Mann's Orchard/Methuen
Apr. 28 9:30	Newburyport	Apr. 23 10:30	North Shore Mall/Peabody
		Apr. 30 10:30	Haverhill

**JOIN US MONDAY – WEDNESDAY MORNINGS** from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot coffee and snacks are a great way to reconnect with friends!

**CHANGE IN SHINE OFFICE HOURS:** There will be **NO SHINE** office hours in **April**. Call the COA office for assistance or further information. (978) 352-5726.

**VISITING NURSE:** **Wed. April 1, 10 – 11 a.m.** at the **First Congregational Church**  
Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12 - 2 p.m.

**MEN'S BREAKFAST:** **Thurs. April 2, 9:30 a.m.**  
Town Hall, 3<sup>rd</sup> Fl. Conference Room  
**Talk "town" with guest speaker Stu Egenberg, Chair BOS.** With great appreciation, the COA thanks Crosby's Markets for their sponsorship of the monthly program. **To make reservations, call 978-352-5726. Next breakfast: Thurs. May 7 – To be announced.**

**Local Legislators' Office Hours**  
The following legislators, or their representatives, will be on hand at **Town Hall** 2nd Floor Conference Room to meet with constituents to answer questions, hear comments or provide assistance. The public is welcome. For more information, contact the COA at 978-352-5726.

**Rep. Lenny Mirra:**  
**Mon. April 27**  
**9 a.m.**


**Sen. Bruce Tarr:**  
**There will be no office**  
**hours in April.**

**APRIL FOOL'S LUNCH:** **Wed. April 1, 11:30 a.m.**  
**First Congregational Church** See pg. 1 for details.


**PHOTOS OF SCOTLAND/ENGLAND:** **Wed. Apr. 15, 10:00**  
**First Congregational Church** See pg. 3 for details.

**BYFIELD PARISH LUNCHEON RESUMES:**  
**Tues. April 21, 11:45 a.m.** Contact the church for more info or to make reservations. 978-352-2022

**DIETARY FIBER:** **Wed. April 29, 10:00 a.m.**  
**First Congregational Church** See pg. 3 for details.

 **APRIL BIRTHDAY:** **Wed. April 29, 11:30**  
**First Congregational Church**  
Join us as we send best wishes to our friends who were born in April. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 4/22/15 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

**FRIENDS OF THE GEORGETOWN COA:** **Tues. Apr. 21**  
**2:30 p.m.** at Georgetown Peabody Library. Meetings are open to the public.  
Next meeting: Monday May 18.

**Free Legal Help** offered by **Atty. Elaine Dalton**  
**Tues. April 28, 10 a.m.** at First Congregational Church  
Assistance available for: \*Health Care Proxies, \*Durable Power of Attorney, \*Elder Law Issues   
\*15 min. appts. available by calling COA at 978-352-5726

**Health & Wellness Classes**  
 All classes are now held at First Congregational Church.  
 Thursday Strength Training Classes are on hiatus. Call for information.  
 Newcomers & beginners welcome.  
 There is a SUGGESTED DONATION of \$3.00 per class.

**Walking Club**  
Meets Mondays & Wednesdays  
3:30-5:00 p.m.  
At Penn Brook School.  
Participants must pre-register  
with the COA.  
978-352-5726

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
12	21	38	49	63
<b>Georgetown Senior Center</b>		40	<b>Trestle Way Community Room</b>	
<b>Every Monday at noon</b>	<b>Cost: \$1.00/card covers up to 10 Games</b>		<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Wednesdays each month at 1:00 p.m.</b>	<b>Cost: 50¢ &amp; 75¢ per game.</b>
		Free Space		
<b>For more info, call (978) 352-5726</b>		33	<b>Contact: GHA (978) 352-6331</b>	
2	29	45	50	72

Presented by **Ruth Eifert**  
Library Dir., Georgetown Peabody Library  
First Congregational Church

**Come & hear Ruth talk about her  
30<sup>th</sup> wedding anniversary  
trip to England & Scotland**



- ◆ Photos from Northumberland, England to Scotland to the medieval city of Wells, England
- ◆ Travel Tips

**For more information or to let us know that you will attend,  
Call the COA at 978-352-5726.**

**May is Older Americans' Month. Come celebrate with us!**

**🌸Mother's Day Tea: Tues. May 12 at 9:30 a.m.**

**🎵 Music Masters: Monday May 19 at 1:00 p.m.**

Presented by

**Pauline Provencher, MVNP Nutritionist**

**Sponsored by Merrimack Valley Nutrition Project in conjunction with  
Elder Services of Merrimack Valley**

**Wed. April 29, 10 a.m.**

**First Congregational Church**

**Learn the answers to these & other questions:**

- What can fiber do for you?
- Can I benefit by eating more?

**Reserve your seat by calling 978-352-5726 before April 22.**



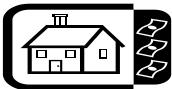
Coming in June...

◆ **Margot Burke: Tuesday June 9th at 10:00 AM**  
April 16<sup>th</sup> is National Health Care Decisions Day. Everyone should have a health care proxy and the best time to sign one is when you don't need it! Come sip some tea or coffee, have a cookie (or two), and find out why this document is so important and what you need to know. If you don't already have a health care proxy we can help you create one on the spot. Don't put off learning about this important decision. Please come join us!



*No winter lasts forever; no spring skips its turn.*

~Hal Borland



## **Fuel Assistance Offered By Trustees of the Perley School**

Recognizing the difficulties of home heating costs, the Trustees of the Perley Free School offer a **limited** fuel assistance program to local residents who are experiencing financial hardships with energy costs. In addition to the money that is used to fund scholarships for Georgetown graduates & alumnae, the Trustees oversee a small endowment to aid Georgetown residents facing financial hardships. Individuals who may need assistance with heating costs, including oil, gas or firewood, can call the COA at (978) 352-5726 for information & referral.



### **AARP Tax Prep Assistance Available**

**Open to:** Elders & other moderate-income individuals

**Where:** COA Office (Town Hall)-1 Library St.

**When:** Thursday mornings April 2 & April 9

#### **Appointments are required.**

8 one-hour sessions available each Thurs. starting at 9 a.m.

**To schedule an appointment, call the COA office at  
(978) 352-5726.**

#### **Things to bring with you to your appointment:**

- ★ Copies of 2013 Federal & State tax returns
- ★ Anything received in the mail marked "Important Tax Return Document Enclosed" including W-2 forms, SSA-1099 (Social Security), 1099-R (pension/IRA), 1099-INT (interest), 1099-B/1099-DIV (stocks/mutual funds).
- ★ Some form of Personal Identification
- ★ To determine Circuit Breaker Tax Credit, bring 2014 Property Tax bills & Water Bills.

Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is also available at the Council on Aging office.



Join us in  
May for the  
Ever-  
Popular,  
Annual  
Performance  
Of the  
**Music  
Masters**

## **Circuit Breaker Tax Credit**

The Massachusetts Circuit Breaker Tax Credit is a state income tax credit for certain Massachusetts residents age 65 years or older who paid rent or real estate taxes during the tax year. Based on local property taxes, the tax credit is funded by the state government. The credit is designed for senior homeowners and renters who meet income limits and other criteria. Homeowners are eligible for the credit if they paid more than 10 percent of their total income for real estate taxes, including water charges. Renters can count 25 percent of their rent as real estate tax payments. To qualify for the credit:

- You or your spouse must be 65 years or older by the end of the tax year
- If married, you must file a joint state tax return
- You cannot be the dependent of another taxpayer
- You must rent or own a home in Massachusetts that is your principal residence
- If you are a homeowner, your property's assessed value cannot exceed \$691,000
- If you rent, you cannot also receive a federal or state rent subsidy and your landlord must pay property taxes
- Income limits are: \$56,000 single; \$70,000 head of household; \$84,000 married filing jointly
- The amount you paid for real estate taxes must be greater than 10 percent of your total income

To claim the Circuit Breaker Tax Credit, you must file a state income tax return. If your credit is greater than the amount of income taxes owed, the state will issue a refund for the difference. The maximum credit for tax year 2014 is \$1,050. Individuals who meet certain requirements may be eligible to file retroactively for the last three years. **Information regarding tax preparation and the criteria for the state's Circuit Breaker Tax Credit is available at the COA office.**

### **Annual Town Meeting**

**Monday, May 4, 2015**

**7 p.m.**

**Georgetown Middle/High School**



### **Annual Town Election**

**Monday, May 11, 2015**

**8 a.m. - 8 p.m.**

**Penn Brook School**



# **Council on Aging Services**

For information on any of the following services, contact the COA at (978) 352-5726.

## **TRANSPORTATION/SHOPPING:**

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Please check the Van Schedule for this month's days and destinations. A small donation is suggested to help with program expenses.

## **TRANSPORTATION/MEDICAL:**

### **Northern Essex Elder Transport, Inc.**

This program provides rides for elders to medical appointments. Arrangements should be made at least THREE days in advance of the appointment by calling the Council on Aging office at (978) 352-5726. If the office is closed, please leave a message (and remember that we are not open on Fridays). After the ride is arranged, the DRIVER will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program. However, no one is turned down due to inability to pay. Please remember: Reservations must be made through the Council office and clients should not be calling the drivers directly.

### **RING & RIDE: Medical, Shopping & General Purpose Transportation**

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice for reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury, North Andover, West Newbury, Rowley Train Station & Market Basket. For a brochure, contact the COA.

## **HANDICAP PLACARDS**

Are you in need of a HANDICAP placard for your car? The Council on Aging has applications available from the Registry of Motor Vehicles.

## **Meals on Wheels**

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

## **Congregate Meals**

The Senior Center offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations at least three business days in advance by calling the COA or in person at the Center.

## **FOOD AND HEAT RESOURCES**

For more information, contact the COA office at (978) 352-5726.

## **VISITING NURSE**

On the first Wednesday of each month, from 10:00 - 11:30 AM, Pam Lara, RN is available at the Senior Center to perform Blood Pressure checks, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00 PM.

## **S.H.I.N.E.**

Serving Health Information Needs of Elders will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg at the Senior Center on the first Monday of each month.

## **EQUIPMENT LENDING PROGRAM**

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

## **FILE OF LIFE & YELLOW DOT PROGRAMS**

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

## **HEALTH CARE PROXIES**

COA has fact sheets and Health Care Proxy forms available upon request.

**THE FILE** A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 4/24/12

Georgetown Council on Aging  
Memorial Town Hall  
1 Library Street  
Georgetown, MA 01833

**Return Service Requested**

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Haverhill, MA

**Georgetown Council on Aging**  
**1 Library Street**  
**Georgetown, MA 01833**  
**(978) 352-5726**

**Office Hours:**

**Monday – Thurs. 8 am – 4 pm**

**Georgetown COA Meal Site**  
**@ 1<sup>st</sup> Congregational Church**  
**Andover St. ~ Georgetown, MA**  
**(978) 352-8443**

**Open:**

**Monday – Wed. 9 am – noon**

**PUBLIC NOTICE**

C.O.A. board meetings are open to the public. They are held at noon on the 4<sup>th</sup> Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

**NEXT BOARD MEETING:**  
**Tuesday April 28, 2015**

**Georgetown Council on Aging:**

**Director:** Colleen Ranshaw-Fiorello

**Office:** Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

**Meal Site Coordinator:** Mickie Locke

**Board Members:**

Jeannine DesJardins, Chair

Claire Maimone, Vice Chair

Chandler Noyes, Treasurer

Jean Perley, Secretary/Clerk,

Susan Gardiner, Esther Palardy,

Diane Prescott, Corona Magner, Nancy

Thompson, Caroline Sheehan-alternate

Ann Stewart-alternate

**Town of Georgetown:**

Michael Farrell, Town Administrator

Stuart Egenberg, Chair, Board of Selectmen

Stephen Smith, Board of Selectmen

David Surface, Board of Selectmen

Gary Fowler, Board of Selectmen

Philip Trapani, Board of Selectmen

**Georgetown COA Webpage** is located on the town's official website [www.georgetownma.gov](http://www.georgetownma.gov).

**Council on Aging Mission Statement:** The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

**Inclement Weather Policy:** The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the COA Meal Site located at the First Congregational Church.

## **April Menu** - Make reservations 3 days in advance. Call (978) 352-5726.

**Lunch is served Monday through Wednesday at the First Congregational Church at 11:30 a.m. Cost is \$2.00.**

The MVNP is made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley

Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u><b>Monday</b></u>	<u><b>Tuesday</b></u>	<u><b>Wednesday</b></u>
		<b>1</b> <b>Whittier Tech Luncheon</b> <b>Reservations Required</b>
<b>6</b> Rotisserie Chix, Herb Whip Pot, Scandinavian Veg, Peaches, Wh Wh Roll	<b>7</b> Krunch Lite Fish, Pot Wedges, Peas & Carrots, Apple, Wh Wh Bread	<b>8 Soup: Navy Bean</b> American Chop Suey, Green/Gold Beans, Pineapple Cup, Italian Bread
<b>13</b> Meatballs/Sauce/Sub Roll, Oven Brown Pot, Broccoli & Cauliflower, Applesauce	<b>14</b> <b>No Lunch: Byfield Parish Luncheon</b>	<b>15 Soup: Beef Barley</b> Honey Curry Chix, Rice, Veg Medley, Orange, Wh Wh Bread
<b>20</b> <b>No Lunch: Patriots' Day</b>	<b>21</b> Sweet/Sour Chix Nugget, Rice Pilaf, Italian Veg, Pineapple, Wh Wh Bread	<b>22 Soup: Tomato Rice</b> Stuffed Peppers, Brown Rice, Green/Gold Beans, Ice Cream Cup, Dinner Roll
<b>27</b> LS Hot Dog/Roll, Baked Beans, Cole Slaw, Orange	<b>28</b> Breaded Chix fillet, Roast Red Pot, Broccoli/Cauliflower, Fruit Cocktail, Wh Wh Bread	<b>29 Soup: To Be Announced</b> Shepherd's Pie (Ground Beef, Whip Pot, Corn), Jello, Multigrain Bread

## Pecan Pie Cupcakes

Yields 24 miniature cupcakes

**INGREDIENTS:** 1 cup chopped pecans - ½ cup all-purpose flour - 1 cup packed brown sugar - ⅔ cup butter, melted - 2 eggs

**DIRECTIONS:** Preheat oven to 350 degrees. Combine all ingredients and mix well. Spray a miniature muffin tin with non-stick cooking spray. Fill each ¾ full. Bake in preheated oven for approx. 18 minutes.

## **APRIL VAN & ACTIVITIES CALENDAR**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
		<b>1</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 April Fools' Lunch	<b>2</b> 9:30 <b>VAN:</b> Walmart/Salem NH 9:30 Men's Breakfast at <u>Town Hall</u> this month  *Tax Prep By Appointment*
<b>6</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>7 No Shopping Van— Brown Bag</b> 10:15 Strength Training 11:30 Lunch	<b>8</b> 9:00 Yoga 11:30 Lunch	<b>9</b> 10:30 <b>VAN:</b> Seabrook, NH  *Tax Prep By Appointment*
<b>13</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>14 Van: Plaistow, NH</b> 10:15 Strength Training 11:30 Lunch	<b>15</b> 9:00 Yoga 10:00 Photos of Eng./Scotland 11:30 Lunch	<b>16</b> 10:30 <b>VAN:</b> Target & Mann's Orchard/Methuen
<b>20</b>  <b>Closed: Patriots' Day</b>	<b>21 9:30 Van: Rowley</b> 10:15 Strength Training 11:45 Byfield Parish Lunch 2:30 COA Friends/Library	<b>22</b> 9:00 Yoga 11:30 Lunch	<b>23</b> 10:30 <b>VAN:</b> North Shore Mall/Peabody
<b>27</b> 9:00 Rep. Mirra/Office hrs. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>28 9:30 Van: Newburyport</b> 10:00 Free Legal Help by appt. 10:15 Strength Training 11:30 Lunch 12:00 COA Board Meeting	<b>29</b> 9:00 Yoga 10:00 Dietary Fiber 11:30 Birthday Lunch	<b>30</b> 10:30 <b>VAN:</b> Haverhill

**Van Trips:** The cost is \$2.00 roundtrip. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.